Alkaline Herby Creamy Salad Dressing

Ingredients:

- 1 cup fresh basil leaves
- ½ cup fresh parsley
- ¼ cup fresh dill
- 2 cloves garlic, minced
- ¼ cup extra virgin olive oil
- half an avocado
- fresh lemon juice (1 large lemon)
- salt and pepper to taste

Instructions:

1. Combine basil, parsley, dill, and minced garlic in a blender or food processor.
2. Add olive oil and lemon juice to the feed tube of the blender.
3. Blend until the mixture reaches a smooth consistency.
4. Season with salt and pepper to taste.
5. Pour the dressing over your favorite leafy green salad and toss gently. Or store in a mason jar or other airtight containers; shake when you are ready to use.